TRAIL INFO:

• For more info on the trail please visit www.transalleghenytrails.com.

Pre-Trip

• Check out www.ihearttrails.org/IndustrialHeartlandTrails for helpful trail info.

The Meadows Original Frozen Custard, which serves Penn State students, is likely to have some snacks. Next up is yet another local favorite, the 1794 Rye Whiskey Distillery.

Along the Way

• No need to race the ride; you may end up in Ebensburg after more than a few miles. In fact, if you want to get off the trail for lunch, Ebensburg is well worth it! Enjoy over a dozen of its own brews as you cool down.

• The Meadows Original Frozen Custard (open seasonally), which serves Penn State students, is likely to have some snacks. Next up is yet another local favorite, the 1794 Rye Whiskey Distillery.

• Bring your bike to the 1794 Rye Whiskey Distillery. The Main Street distillery features hand-crafted cocktails and bottles for purchase. The 1794 Rye Whiskey is an homage to the 1790s Whiskey Rebellion. Enjoy over billiards, darts, or giant Jenga (yes, you read that right).

• As you ride west through Cambria County, you'll pass a small town called Homer City. Reckoned to be the birthplace of the first beer in Pennsylvania, Homer City is a small but charming place to stop for a beer. The 1881 Second Empire structure is on the National Register of Historic Places and offers an impressive mountain view. Next, stop by Eliza Furnace, a behemoth relic. The Women's Union Summer Camp (1922-1982) sign signifies the valley's rich heritage. Nineteenth Century immigrants took on grueling work in the steel mills, but received no safety precautions. The crossing signals are all red.

• If you can't stop thinking about a sweet treat, make your way to Dilltown, a local institution with a pressed tin ceiling, a beautiful back bar, and a thin crust 4-cut "bar pie." It's a true "bar pie," as it's baked in a bar setting.

• Ebensburg is the perfect spot to stop for a sweet treat. At mile 7.5 on the Ghost Town Trail, you'll arrive at the Buena Vista Furnace State Creamery Ice Cream at its vintage counter. The first 5.5 miles of the Ghost Town Trail include a moderate grade. Your efforts will be rewarded with some of the best ice cream in town. You'll find it at the State Creamery Ice Cream at mile 7.5 on the Ghost Town Trail.

• Up the street is the Noon-Collins Inn. This local institution offers indoor bike storage. If you're stretching the ride over two days, note that the historic Cambria County Courthouse is a must-see. It's a National Register of Historic Places site located on the area.

• As you ride to Ebensburg, keep an eye out for the Union Theater, a small community theater in Vintondale. It's located in a historic building that was once a movie theater and ice cream parlor. The Main Street distillery features hand-crafted cocktails and bottles for purchase. The 1794 Rye Whiskey is an homage to the 1790s Whiskey Rebellion. Enjoy over billsiards, darts, or giant Jenga (yes, you read that right). As you ride west through Cambria County, you'll pass a small town called Homer City. Reckoned to be the birthplace of the first beer in Pennsylvania, Homer City is a small but charming place to stop for a beer. The 1881 Second Empire structure is on the National Register of Historic Places and offers an impressive mountain view. Next, stop by Eliza Furnace, a behemoth relic. The Women's Union Summer Camp (1922-1982) sign signifies the valley's rich heritage. Nineteenth Century immigrants took on grueling work in the steel mills, but received no safety precautions. The crossing signals are all red.

• Now, you have just a 7.5-mile steady climb to Ebensburg! When you get to the trail's end, there's a steeper climb into the downtown area. In town, start at the Cambria County Courthouse, which can be accessed in Vintondale.

• St. Nicholas Byzantine Catholic Church is a beautiful example of Byzantine architecture. It's located on the edge of town, just a short walk from the trailhead. It's a perfect spot to stop for a visit and to enjoy the peaceful surroundings.

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